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HONEY

AND SOME OF THE WAYS IT MAY BE USED

BY

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AND

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SPECIALIST IN COOKING AND PRESERVING OF FOODS

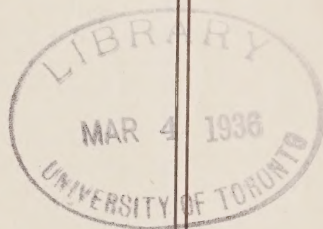
BEE DIVISION

DOMINION EXPERIMENTAL FARMS

DOMINION OF CANADA
DEPARTMENT OF AGRICULTURE

PAMPHLET No. 161—NEW SERIES

Published by direction of the Hon. R. Weir, Minister of Agriculture,
Ottawa, 1934



3 1761 12000935 2

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HONEY

AND SOME OF THE WAYS IT MAY BE USED

By

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AND

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Before the introduction of cane sugar, honey was apparently the most common sweet available for human consumption. In very early times man discovered the bees' habit of storing, in their nests, large quantities of a sweet and delectable substance that could be taken from them and used as food. Since those early days it has also been learned that the bees themselves could be housed in specially constructed boxes (hives) and be made to work more efficiently for the benefit of man, so that to-day the production of honey has become a fascinating and profitable enterprise. It may surprise many of our readers to know that during the year 1931 Canada alone produced 29,666,097 pounds of this delicious sweet.

Honey is the nectar of flowers gathered by the honeybees and ripened by them within their hives. The ripening process consists of evaporating the excess moisture from the nectar and of certain changes in the chemical nature of the sugars it contains.

A well-ripened honey contains approximately 18.5 per cent moisture, 75 per cent sugars, and small quantities of protein, dextrin, minerals and certain volatile substances that give to it its aroma and flavour. Honey may, therefore, be classified as a concentrated solution of sugar having a distinctive flavour and aroma, and being this, it belongs to that class of foods which supplies heat and energy to the body and must not be compared with such foods as meat, eggs, etc., that are used to repair body tissues.

The sugars found in honey are: fruit sugar (levulose), grape sugar (dextrose), and cane sugar (sucrose). The latter is present in small amounts only.

Levulose and dextrose are invert sugars, sometimes called predigested sugars. Invert sugars are the result of the breaking down or digestion of cane sugar (sucrose), a process that must be performed by the digestive system before such sugar can be assimilated by the body. In honey this process of digestion has been completed, therefore, the sugars in honey are immediately available for assimilation without placing a heavy tax on the digestive system. For this reason honey is especially adapted as food for children and those suffering from impaired digestion.

Levulose is a non-granulating sugar and is the sweetest sugar so far found in nature. As this sugar is usually the predominating one found in honey, the latter has a slightly greater sweetening power than an equal amount of sucrose.

Dextrose is a rapid granulating sugar and has less sweetening power than sucrose. This sugar is predominant in commercial syrups.

Although the mineral content of honey is very small, it is worth noting that such elements as lime, iron, and others that are necessary to the well-being of the human body are present.

Honey varies in colour from water white to a very dark brown according to the kind of flowers from which it is gathered. Colour, however, does not affect its food value in any way. The difference in colour is caused by certain substances, in the nectar of different flowers, that absorb the rays of light in varying degrees.

The flavours of honey vary just as much as its colour and there is no difficulty in finding a flavour to suit the most discriminating taste. As a rule the lighter the colour of honey the more delicate is its flavour, therefore, when honey is to be substituted for sugar in cooking, it is the light-coloured honeys that are recommended, but where it is used as a substitute for jams, marmalades, etc., each and every colour or flavour has its advocates. Flavour is essential to the enjoyment of food and for this reason honey with its many delicate flavours should have a very special appeal.

All Canadian honey granulates sooner or later, depending largely upon the proportion of the two invert sugars it contains. The greater the proportion of levulose to dextrose, the longer will the honey remain in liquid form. Low temperatures also hasten granulation, while high temperatures retard it. Honey sold in glass containers is usually heated when packed for the purpose of keeping the honey liquid for as long a period as possible. Rapid granulation usually produces a fine texture, while slow granulation tends to coarseness. Granulation is not an indication of adulteration, as many people seem to think, but it is rather a sign of purity.

Granulated honey can be brought back to its liquid form by standing the container in water and heating it to 150 degrees Fahrenheit. A higher temperature than that is likely to darken the colour of the honey and drive off aroma and flavour. As soon as the honey has become liquid, cool it as rapidly as possible, but do not put it into the refrigerator.

Honey absorbs moisture from the air and loses aroma and flavour rapidly; therefore, it should not be left uncovered any longer than is necessary. Keep extracted honey in a cool, dry place, but honey in comb should be stored where it is warm and dry.

It has already been stated that honey varies in some of its characteristics; therefore, it has been found necessary to classify and grade it according to its colour and quality. The colour classes most commonly used are "White," "Golden," "Amber," and "Dark." Colour, however, does not affect the food value of honey; from the nutritional standpoint, all have equal value, but the flavour of the darker coloured honeys is usually much stronger than in lighter coloured honeys. The quality grades of honey are Nos. 1, 2 and 3, indicating texture, density, flavour, etc. The lighter coloured and highly graded honeys are especially adapted for table use and are usually more expensive than the dark or low graded honey or sugar, a fact that must be taken into consideration by the city housewife when purchasing honey for cooking purposes. The lower grades of honey are equally as good as the higher grades when used as a substitute for sugar in cooking, but the dark, strongly flavoured honeys should be avoided when delicate flavours are desired in the finished product.

To the country housewife, especially those who produce their own honey, value is usually of secondary importance, the question being "Can we use the honey we produce, but cannot sell, in place of sugar which we have to buy?" It is for them this pamphlet is primarily written.

The most common way of using honey is to substitute it for jams, jellies, marmalades, etc., but as it is a concentrated solution of sugar it may be readily used in many other ways as a substitute for sugar with pleasing results, as Miss Heeney has shown in the following pages.

THE USE OF HONEY IN HOME COOKING

Honey may be used in home cooking as a substitute for sugar or molasses with delightful results, provided certain general rules are closely adhered to. Perhaps the chief advantage of using honey, especially in cakes, cookies, etc., is that they will remain moist for a much longer time than if sugar alone is used; in fact bread, cakes, cookies, etc., in which honey is used in place of sugar will keep moist for long periods of time without any deterioration of flavour, which usually improves with a reasonable length of storage. A direct substitution of all honey for sugar may be made in cases where the amount of sweetening material is small, such as in muffins, bread, etc. In cakes, cookies, pies, etc., where greater sweetening is necessary, other things must be taken into consideration when using honey. Honey and sugar differ in their chemical composition. Sugar is a straight sweet containing no moisture or acid, while honey consists of different types of sugar in solution with water, and contains a certain degree of acidity. The following rules are based on experimental work that has been done with honey in cooked foods, and by following these general rules any recipe may be adapted to the use of honey:—

1. Measure honey always in the liquid form. If it is granulated, heat over warm water until liquid.
2. For every cup of honey used, reduce the liquid called for in the recipe by one-fifth.
3. One cup of honey is as great in sweetening power as one cup of sugar.
4. Use $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of soda to each cup of honey.
5. Increase the amount of salt by $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon.
6. When substituting honey for sugar in cake, reduce the liquid of the recipe by one-fifth and use half honey and half sugar. Fruit cake is an exception to this rule and all honey may be used.
7. In milk puddings, pie fillings, etc., add the honey with the thickening agent—e.g., flour, cornstarch, etc.

The following recipes have been thoroughly tested and proved by the writer in the Central Experimental Farm kitchen at Ottawa:—

Breads and Rolls

HONEY BREAD

2 cups boiling water	$\frac{1}{2}$ yeast cake dissolved in
2 tablespoons butter	$\frac{1}{4}$ cup lukewarm water
2 tablespoons honey	6 cups sifted flour
$2\frac{1}{2}$ teaspoons salt	

Put honey, butter and salt in a large bowl, pour on boiling water; when lukewarm add dissolved yeast cake and five cups of flour, then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix, and turn on a floured board, leaving a clean bowl; knead to mix ingredients until mixture is smooth, elastic to touch and bubbles may be seen under the surface. Some practice is required to knead quickly. Return to bowl, cover with a clean cloth and board or tin cover, let rise overnight in temperature of 65 degrees Fahrenheit. In the morning cut down, toss on board slightly floured, knead to distribute air, shape into loaves or biscuits, place in greased pan, having pans nearly full. Cover, let rise again to double its bulk and bake in a hot oven. This recipe will make a loaf of bread and a pan of biscuits.

HONEY GRAHAM BREAD

1 cake yeast	2 tablespoons melted butter
1 cup milk scalded and cooled	4 cups Graham flour
4 tablespoons honey	1 cup sifted bread flour
1 cup lukewarm water	1 teaspoon salt

Dissolve yeast in lukewarm liquid, add honey and shortening. Then add flour and salt gradually until dough is formed that can be handled. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise for about $1\frac{1}{2}$ hours. When double in bulk turn out on board and mould into loaves. Place in well-greased bread pan, and cover and let rise for about $\frac{1}{2}$ hour. Bake one hour.

SWEDISH TEA RING

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup cold water
$\frac{1}{4}$ cup honey	1 egg
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon salt
1 yeast cake	3 cups unsifted bread flour

Cream honey and butter thoroughly and add the boiling water. Allow this mixture to cool and add yeast cake which has been dissolved in cold water. Stir until well mixed and add the beaten egg. Combine the flour and salt and sift the mixture. Blend thoroughly, cover the bowl with waxed paper and place in the refrigerator overnight, or until ready to use.

Roll one-half of the above mixture into an oblong sheet about $\frac{1}{4}$ inch thick on a lightly floured board. Spread with two tablespoonfuls of softened, but not melted butter and sprinkle with the following mixture: $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ cup each of blanched chopped almonds, strips of citron peel and washed raisins. Roll up like a jelly roll.

Trim the ends and join to form a ring. Cut with scissors at intervals of about one inch from the outside to within one-half inch of the centre and turn each section lightly to the side. Brush the surface with egg white and allow to rise for two hours at room temperature. Bake for thirty minutes in a hot oven 400 degrees Fahrenheit.

The remainder of the dough may be used for a Swedish Tea Braid.

Cut off three pieces of mixture of equal size and roll, using the hands, in pieces of uniform size, then braid. Put on a buttered sheet, cover, let rise, brush over with yolk of one egg, slightly beaten and diluted with one-half tablespoonful of water and sprinkle with finely-chopped blanched almonds. Bake in a moderate oven.

PARKER HOUSE ROLLS

1 cake yeast	$5\frac{1}{2}$ cups flour
2 cups scalded milk	$1\frac{1}{2}$ teaspoons salt
2 or 3 tablespoons honey	$\frac{1}{4}$ cup butter

Dissolve yeast and honey in lukewarm milk. Add butter and half the flour. Beat until perfectly smooth, cover and let rise in a warm place until double in bulk (about 1 hour). Add salt and sufficient flour to make a dough that can be handled. Knead well, place in a greased bowl, cover and let rise until double in bulk. Roll out one-half inch thick, cut with a three-inch biscuit cutter, crease through centre with a dull-edged knife and fold over. Place in a well-greased shallow pan, cover and let rise until light ($\frac{3}{4}$ hour). Bake ten minutes in a hot oven.

Cakes and Cookies

HONEY DATE CAKE

1 cup dates	3 teaspoons baking powder
1 cup boiling water	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup honey	1 egg
$\frac{1}{2}$ cup brown sugar	1 cup chopped walnuts
$\frac{1}{3}$ cup butter	2 cups flour
	$\frac{1}{4}$ teaspoon salt

Cook dates with water, remove from fire, and cool. Add honey and brown sugar. Cream butter, add beaten eggs, then add date mixture. Add sifted dry ingredients and nuts. Bake in a butter pan in a moderate oven 350 degrees Fahrenheit for 50 minutes.

HONEY FRUIT CAKE

1 cup butter	2 cups flour
1 cup honey	1 teaspoon baking powder
6 eggs	1 teaspoon soda
$\frac{1}{4}$ cup sour milk	$1\frac{1}{2}$ teaspoons cinnamon
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ teaspoon mace
1 lb. raisins	$\frac{1}{2}$ teaspoon cloves
1 lb. currants	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ lb. almonds	$\frac{1}{2}$ cup grape juice or
$\frac{1}{2}$ lb. glace cherries	$\frac{1}{2}$ cup brandy

1. Wash currants and raisins, dry.
2. Blanch almonds, dry, cut in half.
3. Cut cherries in half.
4. Cream butter, add honey and egg yolks, creaming all thoroughly.
5. Add sour milk and molasses.
6. Measure and sift dry ingredients, sprinkle some of the flour on fruit and nuts.
7. Add grape juice or brandy and sift in dry ingredients, mix thoroughly.
8. Stir in floured fruit and nuts and mix very thoroughly.
9. Line tins with at least eight thicknesses of paper, fill two-thirds full of mixture.
10. Bake in a slow oven for about two hours.

HONEY CHOCOLATE CAKE

$\frac{1}{2}$ cup honey	1 teaspoon vanilla
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup brown sugar
2 squares unsweetened chocolate	1 egg
	1 cup milk
$2\frac{1}{2}$ cups of any good cake flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon soda	2 teaspoons baking powder

Cream butter well with honey and sugar, add eggs one at time and beat well, then add melted chocolate. Add sifted dry ingredients and milk alternately. Bake in a moderate oven (350 degrees Fahrenheit).

HONEY RAISIN AND SPICE CAKE

1 cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
1 cup honey	$\frac{1}{4}$ teaspoon mace
1 cup butter	4 cups flour
2 eggs	2 teaspoons soda
$\frac{1}{4}$ teaspoon allspice	1 cup sour milk
$1\frac{1}{2}$ teaspoons cinnamon	1 cup raisins
1 teaspoon ginger	$\frac{1}{2}$ teaspoon salt

Cream butter well with honey and sugar, add eggs one at time, and beat well. Add sour milk and dry ingredients sifted several times. Add raisins mixed with a little flour last. Bake in a moderate oven about one hour. (Temperature 325 to 350 degrees Fahrenheit.)

HONEY ANGEL CAKE

$\frac{1}{2}$ cup fruit sugar	$\frac{1}{2}$ cup flour
1 teaspoon cream of tartar	$\frac{1}{4}$ teaspoon salt
6 egg whites	1 teaspoon flavouring
	$\frac{1}{4}$ cup honey

Sift sugar five times. Sift flour five times. Combine and add $\frac{1}{4}$ teaspoon cream of tartar. Sift five times again. Partially beat egg whites, add remaining cream of tartar and salt, finish beating. Add honey to egg whites slowly, fold in dry ingredients carefully. Lastly add flavouring. Pour into an ungreased angel cake pan and start in a very slow oven, then increase the heat.

GINGERBREAD

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup honey
$\frac{1}{4}$ cup brown sugar	1 egg
$\frac{1}{2}$ cup sour milk	1 teaspoon soda
$\frac{1}{2}$ teaspoon salt	$1\frac{3}{4}$ cups of any good cake flour
$\frac{1}{2}$ teaspoon ginger	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{3}$ teaspoon cloves	2 teaspoons baking powder

Cream butter with honey and sugar thoroughly. Add egg and mix well. Add sour milk and dry ingredients which have been sifted. Bake in a moderate oven about 375 degrees Fahrenheit for 25 minutes.

COCOANUT MACAROONS

1 egg white	$1\frac{1}{2}$ cups shredded cocoanut
$\frac{1}{4}$ cup honey	$\frac{1}{4}$ teaspoon salt

Beat egg white until stiff, gradually add honey, beating constantly. Continue until mixture peaks. Fold in salt and cocoanut. Drop from a spoon on a well-greased cookie sheet, bake in a moderate oven until golden brown.

HONEY ICE BOX COOKIES

$\frac{1}{2}$ cup butter	1 egg
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ cup brown sugar
$2\frac{1}{3}$ cups flour	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{8}$ teaspoon soda	$\frac{1}{2}$ teaspoon salt
	1 teaspoon vanilla

Cream honey and sugar with butter, add egg, mix well. Add dry ingredients, then nuts and vanilla. Shape in a loaf, cover with waxed paper and chill. Slice off and bake in an oven 400 degrees Fahrenheit for 10 to 12 minutes.

HONEY SOUR CREAM COOKIES

2 eggs	1 cup shortening
1½ cups brown sugar	1 cup honey
$\frac{1}{4}$ cup sour cream	1 teaspoon soda
5¼ cups flour	1 cup nuts (walnuts) chopped
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla

Cream shortening, sugar, honey and eggs thoroughly. Add sour cream, then sifted dry ingredients, walnuts and vanilla. Drop by spoonfuls on greased cookie sheet and bake at 350 degrees Fahrenheit for 12 to 15 minutes.

HONEY OATMEAL COOKIES WITH DATE FILLING

$\frac{1}{2}$ cup butter	1 cup fine oatmeal
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ teaspoon almond flavouring
	$\frac{1}{3}$ teaspoon soda

Cream butter, honey and egg well. Add sifted dry ingredients and flavouring. Chill, roll and cut with a cookie cutter. Bake in a hot oven 7 or 8 minutes until a delicate brown. As soon as the cookies are cold, spread with date filling and put together.

Date filling

1 cup dates	$\frac{1}{2}$ cup of water
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Simmer slowly until dates are tender and smooth enough to spread easily.

HONEY HERMITS

$\frac{2}{3}$ cup butter	2½ cups flour
1 cup honey	$\frac{1}{2}$ teaspoon salt
2 eggs	1 teaspoon baking powder
2 tablespoons milk	$\frac{1}{2}$ teaspoon soda
2 cups rolled oats	1 teaspoon cinnamon
$\frac{1}{2}$ cup walnuts	1 cup raisins.

Cream butter and honey thoroughly with eggs. Add milk, oatmeal and sifted dry ingredients, stir in nuts and raisins. Drop from a teaspoon on an oiled cookie sheet. Bake in a moderate oven (350 degrees Fahrenheit) for about 20 minutes.

HONEY SNAPS

$\frac{1}{2}$ cup honey	$\frac{1}{2}$ cup butter
1 cup sifted pastry flour	$\frac{2}{3}$ cup granulated sugar
1 teaspoon vanilla	$\frac{1}{4}$ teaspoon salt

Heat the honey to boiling point, add the butter and let melt. Carefully add the mixed and sifted dry ingredients, combining so that there are no lumps, and drop from a teaspoon on to a well-buttered baking sheet. Bake in a slow oven, 300 degrees Fahrenheit, for 10 to 15 minutes, or until thin and bubbly and nicely browned.

Remove from the oven, allow to cool a little, just enough that the wafers may be pulled from the baking sheet, and roll with the top side out. If the wafers become too hard to roll, place the baking sheet in the oven for a few minutes.

HONEY NUT SQUARES

1 $\frac{1}{4}$ cups flour	$\frac{1}{2}$ cup honey
3 tablespoons brown sugar	2 egg whites
$\frac{1}{3}$ cup butter	1 cup cocoanut
$\frac{1}{2}$ cup brown sugar	1 cup chopped walnuts
$\frac{1}{4}$ teaspoon salt	2 tablespoons flour
	$\frac{1}{2}$ teaspoon vanilla

Rub first three ingredients together to make a crumb mixture. Pat into shallow pan and cook in a moderate oven about 10 minutes, or until light brown. Beat egg whites stiff, add honey and brown sugar gradually, beat until mixture peaks, fold in other ingredients. Spread this over crumb mixture and cook about 40 minutes in a slow oven, when top should be golden brown.

Pies, Puddings and Desserts

HONEY LEMON PIE

1 lemon, juice and rind	$\frac{3}{4}$ cup honey
4 to 5 teaspoons of corn- starch	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup cold water	2 eggs
	1 tablespoon butter
	1 cup boiling water

Mix cornstarch and salt with cold water, add honey, stir well. Add boiling water and cook in double boiler until taste of raw starch has disappeared. Remove and add lemon juice and rind, add part of cooked mixture to the egg yolks, then combine both. Return to the double boiler for three or four minutes to cook egg. Remove from fire and add butter. Place in a baked pie shell. Cover with meringue made by adding slowly $\frac{3}{4}$ cup fine granulated sugar to two stiffly beaten egg whites. Cook in a slow oven, 250 degrees to 275 degrees Fahrenheit, until golden brown.

HONEY PUMPKIN PIE

1 $\frac{1}{2}$ cups steamed pumpkin	$\frac{1}{2}$ teaspoon salt
1 cup honey	3 eggs
1 teaspoon cinnamon	1 cup milk
$\frac{1}{2}$ teaspoon ginger	$\frac{1}{2}$ cup cream

Mix ingredients in order given and bake in one crust.

HONEY CRACKER PIE

14 Graham crackers	1 teaspoon sugar
$\frac{1}{2}$ cup melted butter	1 teaspoon flour

Roll Graham crackers and combine with other ingredients. Pat into pie tin, saving out two tablespoonfuls to sprinkle over meringue.

Filling

2 tablespoons cornstarch	2 egg yolks
$\frac{1}{8}$ teaspoon salt	2 cups milk
$\frac{1}{4}$ cup honey	1 teaspoon vanilla

Mix first three ingredients with a little water in the top part of a double boiler, then add scalded milk to this mixture. Cook until there is no taste of raw starch. Then add the cooked mixture slowly to the beaten egg yolks and cook for three minutes. Cool slightly, add vanilla, and pour into cracker shell.

Meringue

Beat egg whites until stiff, add one-third cup fine granulated sugar gradually. Pile lightly over filling and sprinkle with remaining cracker crumbs. Bake at 325 degrees Fahrenheit for about 30 minutes until meringue is golden brown.

CHOCOLATE PIE FILLING

2 cups milk	2 squares unsweetened chocolate
$\frac{1}{4}$ cup honey	(melted)
1 tablespoon butter	2 egg yolks
3 tablespoons cornstarch	$\frac{1}{2}$ teaspoon salt

Blend cornstarch with a little cold milk in the top of a double boiler, add honey, add rest of the milk scalded. Cook until there is no taste of raw starch. Beat egg yolks, add melted chocolate, butter and salt. Add the hot mixture to this gradually, return to the double boiler and cook for three minutes. Pour into a cooked pie shell and cover with meringue made with two egg whites beaten stiff and two-third cup of sugar added gradually. Cook in a moderate oven until meringue is golden brown.

HONEY STEAMED PUDDING

1 egg well beaten	1 cup flour
$\frac{2}{3}$ cup honey	1 cup raisins
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup bran	$\frac{1}{2}$ teaspoon soda
	$\frac{1}{4}$ teaspoon salt

Mix honey and fat, add well-beaten eggs, add bran and raisins and fold in sifted dry ingredients. Place in a greased mould, cover tightly. Steam for two hours.

HONEY GRAHAM PUDDING

4 tablespoons butter	1 egg
$\frac{1}{4}$ cup honey	$1\frac{1}{2}$ cups Graham flour
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup milk	1 teaspoon salt
	1 cup raisins

Mix in order given and steam two hours in a well-buttered mould.

STEAMED DATE PUDDING

3 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup honey	$\frac{1}{4}$ teaspoon allspice
$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon nutmeg
$1\frac{1}{4}$ cups flour	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ pound chopped dates
$\frac{1}{2}$ cup milk	1 egg

Cream butter, sugar, honey and egg thoroughly, add dates. Sift dry ingredients and add alternately with the milk. Pour into a well-buttered mould and steam for two hours.

STEAMED CHOCOLATE PUDDING

3 tablespoons butter	$2\frac{1}{2}$ cups flour
$\frac{1}{3}$ cup honey	$4\frac{1}{2}$ teaspoons baking powder
$\frac{1}{3}$ cup brown sugar	$2\frac{1}{2}$ squares chocolate (unsweetened)
1 egg	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 teaspoon vanilla

Cream butter, honey, sugar and egg thoroughly, sift dry ingredients. Melt chocolate and add to creamed mixture. Add sifted dry ingredients and milk alternately. Pour into a well-buttered mould and steam for two hours.

HONEY ORANGE CUSTARD

2 eggs	1 cup milk
3 teaspoons flour	2 tablespoons water.
4 tablespoons honey	$\frac{1}{4}$ teaspoon salt

Juice and grated rind of 1 orange

Beat egg yolks, add grated orange rind. Make a smooth paste of flour and water, add honey, combine with egg yolks mixture. Beat egg whites stiff, add milk to yolk mixture and fold in whites. Oven poach for 45 minutes at 275 to 300 degrees Fahrenheit.

HONEY BAKED CUSTARD

5 eggs	$\frac{1}{8}$ teaspoon cinnamon
$\frac{1}{2}$ cup honey	$\frac{1}{4}$ teaspoon salt

4 cups scalded milk

Beat eggs slightly, add other ingredients, mix thoroughly, pour into custard cups. Oven poach in a moderate oven until firm.

HONEYED BAKED APPLES

Wash and remove core, pare the upper half of the apple and mark with the prongs of a fork. Place apples in a baking dish with a little boiling water. Put a teaspoon of honey and a small piece of butter in each core. Baste frequently while cooking.

Muffins, Doughnuts, etc.

OATMEAL MUFFINS

2 tablespoons butter	1 cup oatmeal
$\frac{1}{4}$ cup honey	$1\frac{1}{2}$ cups flour
1 cup milk	1 teaspoon salt
1 egg	4 teaspoons baking powder

$\frac{1}{4}$ cup chopped walnuts

Beat egg until light, add honey and milk, beat well. Measure butter and melt, add to egg mixture. Mix flour, salt and baking powder, sift, and add walnuts and oatmeal. Turn wet ingredients into dry ones and stir vigorously until dry ingredients are well dampened. Fill muffin tins two-thirds full and bake in a hot oven for 20 minutes.

HONEY MUFFINS

1 cup Graham flour	1 cup milk
$\frac{3}{4}$ cup white flour	1 egg
$\frac{1}{4}$ cup honey	3 tablespoons butter
1 teaspoon salt	5 teaspoons baking powder

Mix and sift dry ingredients, add milk gradually, egg well beaten and melted butter. Bake in a moderate oven in buttered gem pans for 25 minutes.

HOT HONEY BRAN CAKES

2 tablespoons butter	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup honey	1 cup flour
2 eggs	3 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups crumbled bran

2 tablespoons milk

Cream the butter, add the honey, mix well. Add the eggs slightly beaten, then the raisins and milk. Sift flour, salt and baking powder twice, then add to the batter. Lastly stir in the bran.

HONEY STEAMED BROWN BREAD

$\frac{3}{4}$ cup honey	2 cups sour milk
1 egg	1 cup white flour
1 teaspoon salt	$2\frac{1}{2}$ cups Graham flour
2 teaspoons soda	1 cup raisins

Beat egg well, add honey and sour milk and beat well. Add sifted dry ingredients and raisins, mix. Pour into greased moulds, cover and steam for three hours.

HONEY NUT AND DATE BREAD

$1\frac{1}{2}$ cups chopped dates	1 egg
1 cup boiling water	$\frac{3}{4}$ cup honey
1 teaspoon soda	2 tablespoons brown sugar
$\frac{1}{2}$ cup walnuts	3 cups flour
3 teaspoons butter	2 teaspoons baking powder
	$\frac{1}{2}$ teaspoon salt

Place dates in saucepan with soda and boiling water, cook for five minutes. Cool. Cream butter thoroughly, add honey, sugar and egg. Then add cooled date mixture and nuts. Stir in sifted dry ingredients. Bake in a loaf tin about 50 minutes in a slow oven.

HONEY DOUGHNUTS

1 large cup of milk	$\frac{3}{4}$ cup sugar
4 tablespoons honey	1 tablespoon butter
1 egg	1 teaspoon salt
2 teaspoons cream of tartar	1 teaspoon soda
Flour	$\frac{1}{2}$ teaspoon nutmeg and
	$\frac{1}{2}$ teaspoon ginger

Cream butter, sugar and honey thoroughly, gradually beat in egg, add milk alternately with soda and cream of tartar, sifted with two cups of flour and $\frac{1}{2}$ teaspoon nutmeg and $\frac{1}{2}$ teaspoon of ginger. Add one tablespoonful of boiling lard out of the pot prepared for frying. Then add enough flour to make a stiff dough. Roll and cut out and fry in deep fat at 375 degrees Fahrenheit.

Breakfast Fruits Sweetened with Honey

All fruits to which sweetening is added for serving are delightful with honey.

Grapefruit

Halve, core and section grapefruit as usual. Allow two or three tablespoonfuls of honey to pour in a fine thin stream on the fruit. Let stand 15 to 30 minutes before serving.

